Fun in the sun Optimist Day in the Park entertains kids

Prize catch
Walleve tournament doles out big reward Page 30

Fine debut Port celebrates Festival St. Jean Page 24

Star on the rise
Chelsea Crites is set to release a new CD





Page 32

For news updated daily see www.inportnews.ca

CONTEST FOR NEW TOWN CRIER **■ MIXED MARTIAL ARTS:** Fighter joins Strikeforce

# out loud

DAVE JOHNSON InPort News Staff

PORT COLBORNE - While most people think of a town crier as something from the medieval period, the roots of the job stretch back farther in

time, back to ancient Greece A Greek soldier, Pheidippides, ran from Marathon to Athens to spread the word of a Greek victory over the Persians. The legend of his run also

Tami Daoust, education programer at Port Colborne Historical and Marine Museum, said the saying "Don't shoot the messenger" originated with town criers.

"Since there were no newspapers and most people were illiterate, the town crier would spread the message of the king. Sometimes they were spreading bad news, but they were under the protection of the king. If anyone attacked them, it was like attacking the king.

see TOWN CRIER | page 2

inenired marathons

# For crying Davis signs a knockout deal



DAVE JOHNSON Staff Photo

Alexis Davis stands inside the cage at Dayboll Jiu-Jitsu and Fitness Academy less than a day after finding out she will be fighting with the mixed martial arts organization Strikeforce. Davis, of Port Colborne, will be fighting in Chicago on July 30 against Julie Kedzie.

DAVE JOHNSON InPort News Staff

PORT COLBORNE -Alexis Davis still can't believe she has a fight in Strikeforce at the end of July.

"We've been trying to get a fight in Strikeforce for the last year and a half, but things didn't work out. I couldn't do a fight in Dallas because it was on too short of notice," the 26-year-old Port Colborne woman said last Wednesday at Dayboll Jiu-Jitsu and Fitness Academy. "I'm really excited."

Davis and her trainer and coach Dave Dayboll said talks with and Strikeforce have been ongoing and Tuesday night, the sides came to a deal and signed a four-fight contract.

Even with the signed contract, the fighter said she still can't believe she will be fighting in Strikeforce.

see DAVIS | page 2









CHAPL HAS PARMED THE DANKING OF BODY COLDODNE'S TOP 2010 INDIVIDUAL PRODUCER

### TOWN CRIFF

# **Entrants to look** and sound the part

Things have changed since then, but the need for a town crier hasn't

The museum is holding a town crier contest Sunday. July 31. "We're looking for a new

town crier ... we're not looking for a professional, but someone who likes public speaking," said Daoust. The town crier spreads the message of the mayor and

will be expected to attend local events. Those who enter the contest must be Port Colborne residents Daoust said there will be

a second competition that's open to everyone, including Canal Days visitors "They won't be competing for the official position ... we'll have some prizes for the Though it's not a require-

ment. Daoust said people who enter the contest at 2 p.m. on the King St. museum grounds- are encouraged to go all out and dress up in colourful.

historic attire

"You should act like what you are wearing," she said. Judging the event will be five or six professional town criers. They'll be listening to how clearly and how accurately the competitors 'cry' their message.

All competitors will receive an information package that will contain general rules of the event and an example of how they will be scored. It will also show examples of what messages they will be expected to 'cry

Daoust said competitors should follow those messages

Before the competition begins, the professional town criers will head down West St., giving out greetings and trying to attract Canal Days visitors to the museum to see

the event. For more information contact the museum at 905-834-



**DAVE JOHNSON Staff Photo** Tami Daoust, education programer at Port Colborne Historical and Marine Museum, shakes the town crier's bell while wearing a town crier hat in front of the museum on Friday. A town crier

contest will be held July 31.

# **DAVIS**

# Port Colborne fighter to make Strikeforce debut July 30

"I'll believe it when I see my name listed on the card," she said with a laugh Reached in Florida, where Davis will join him later this

month, Dayboll said he was excited for his fighter. "It's a great deal, we're really happy about it," he

Davis will be fighting Julie Kedzie, who has a 16-8 record. in Chicago July 30, on the same card as headliners Fedor Emelianenko and Dan

Davis, who has a record of 9-4, doesn't know if her fight, which is part of the main card, will be televised. Either way, she's still

pumped to be fighting for Strikeforce, which is owned by Zuffa, LLC, the same company that owns the Ultimate Fighting Championship.

"I've almost fought her twice before," she said of

Davis had originally been

scheduled to fight Shayna Baszler, to whom she lost a unanimous decision to last year, on the same day as the

Strikeforce fight. The two were set to fight for 140-pound title at The Cage Inc. Battle at the Border 10 in Hankinson, N.D.

Davis fights at 135 pounds, but was going to step up

to the next weight class for that fight. Davis, the current Raging Wolf mixed martial arts bantamweight champion, will fight Kedzie at 135

grappling.

"This is a much better fight for Alexis at 135," Dayboll Dayboll is currently opening a club in Jensen Beach,

Fla. and said Davis will train with him and Pablo Popovitch, one of the top grapplers in the world. Pablo has won a number of Abu Dhabi grappling events," Dayboll said. "He's very famous for no gi

There will be a lot of

top people down here for

No gi means fighters grapple without the traditional gi worn by martial artists. Dayboll said Dayis has worked out with other trainers, but is very comfortable

with him and that's why he's bringing her to Florida. "She works well for me and she has a more comfortable camp. She likes the routine,"

Davis, who has been fight-

ing for five years, hopes to work on her standun a bit more and sharpen her ground game with Popovitch

There are great wrestlers down there and I'll have my

fight camp there," she said. David intends to fly down the end of the month, train for a week, come back to Canada to take care of the club in Port Colborne, which is her full-time job, and then fly back to Florida to train some more before the fight.

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# portraits

OPTIMIST DAY IN THE PARK

# Fun for kids of all ages





RIGHT: Sarah LaRoche works to make balloon creations for Skylar VanHelvert and Chloe Williams during Optimist Day in the Park at H.H. Knoll Lakeview Park recently.

at H.H. Knoll Lakeview Park recently.



JOE CSEH InPort News Photos ABOVE: Kathryn Mitchell, Sarah Ecker and Erin Mills get up close and personal with a European barn owl brought to Optimist Day in the Park by Sky Hunters Birds of Prey.

RIGHT: Three-year-olds Maddox Beney and Haille Kiers, of Port Colborne, enjoy a ride provided by Niagara Antique Power Association during Optimist Day in the Park.





# **INPORTANEWS**

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Ken Koyama, publisher, general manager Dave Johnson, Inport News senior reporter



# **■**ourview

# Perfect storm for poverty means food banks need help

t has been nearly three years since the start of a major recession that gripped the world economy.

Massive job losses, foreclosures on homes and nations facing financial crises were the norm

Fortunately, recovery has begun, although some countries like Greece and Ireland continue to struggle Canada's economy, which fared better than others during

the worst of the downturn, has improved. But the ripple effects of such a devastating blow are still being felt. And many hurdles remain for those struggling to

Bottom line is, it's getting more expensive to live. Food prices are on the rise. In 2009, food prices increased

by 4.9% compared with the core inflation rate of 0.3%, says the Canadian Council on Social Development The council reported the price of 13 basic dietary staples rose by more than 10% between December 2007 and

December 2009. The cost of baby food increased by about Filling up at the gas pumps is a lot more expensive, with

fuel prices rising by about 20 cents a litre in recent months. And the cost of utilities has steadily increased. Couple that with more good-paying jobs being shipped to countries with cheaper labour costs and it's the perfect

storm for increased poverty rates A Statistics Canada survey released last week showed 9.6% of Canadians lived in poverty in 2009

Sadly, in 2011, that number is likely much higher in Niagara

Food bank use across the country has reached its highest level on record Food banks in Welland, Port Colborne and Pelham have benefited greatly from the public's generosity over the past several years as they cope with the growing number of

So bad is the need, Hope Centre has just embraced a new donation option at Welland city pools. Anyone who uses facilities at Maple, Memorial and St. George parks can now drop of non-perishable goods.

It is imperative that we all play a role in keeping the shelves stocked and families fed

Governments and agencies must take the lead in helping those in need. But this is a community problem that requires a community response.

### I'VE BEEN THINKING

# Having relationships is a way of life

#### FR DAVID GRAHAM SCOTT St Ignatius of Antioch Orthodox Church

One sacred cow of our secular culture today is individualism.

Individual rights are the hallmark of our Canadian Constitution now. In the United States the Supremi Court Justice Kennedy enshrined

individualism in Planned Parenthood v. Casev (1992). Kennedy wrote, "At the heart of liberty is the right to define one's own concept of existence, of meaning, of the universe, and of

the mystery of human life." Back in Canada we have a Toronto family so preoccupied by individualism and defining one's own concept of existence, that the parents refuse to disclose the gender of their third child.

They hope the child will choose his/ her/its own gender. That's defining your own concept of existence for sure. The Biblical way is not individualism but relationship. When God created Adam, he said, "It is not good for man to be alone. I will make him a helper comparable to him." So God formed

the animal world and brought the animals to Adam to name. Even though dogs must have been among the animals named, Genesis 2 says, "For

Adam there was not found a helper comparable to him" (2:20). And so God created Woman from Adam's rib. She was a helper comparable to him and not even Adam's dog could compete with her. From the beginning human beings are not meant to live alone. Like God, we are relational, and the basic and fundamental human relationship

But Christ Iesus himself remained single. The New Covenant which he brought into being can involve celibacy for some, but even single persons, or men in an occupation as his disciples, were grouped into duos when he sent them out on mission.

from the beginning is the relationship

between a man and a woman in

Ecclesiastes 4 tells us, "Two are better than one / Because they have a good reward for their labor. / For if they fall, one will lift up his companion, / But woe to him who is alone when he

falls. / for there is not a second one to help him up. / If two lie down together. both stay warm, / But who can stay warm alone? / If one is added strength, two will stand before him, / And a threefold cord is not quickly broken"

In other words, individualism is not the biblical way of life. We can see this in the helplessness of a baby and the baby's natural gravitation to his mother. But in truth we all need each other throughout our lives.

The Biblical way accents both the importance of the individual and also of the family, clan and nation. We see this "both/and" doctrine in baptism. where individuals are baptized one by one, and in Holy Communion, where all the baptized partake of the Holy Gifts from the one Table.

But the prototype of relationship is in God himself, whose singular Name is of the Father and of the Son and of the Holy Spirit. And this is why God created mankind in his own image: to be in a relationship of love with him and with one another

# ■readers'views

### BUILD THEM BUT DON'T SUBSIDIZE THEM

Re: Face difficult facts on local job losses, letter from Doris Toepp, The Tribune, June 15

I was a bit surprised to read that somehow I ended up being responsible for the free trade

agreements and a global economy that has led to the loss of local jobs. Doris Toepp and I have met and spoken and I have found her to be a delightful lady.

Where wind and solar energy are concerned I would suggest she is no more likely to change her mind any more than I, and nor should she.

I really do not have any problem with private home owners who can afford it, putting solar panels on every south-facing roof they have, providing they do not negatively affect their neighbours in any way. I have a huge problem with any such

private project being subsidized by any other neighbour or taxpayer in any way, shape or form.

Wind and solar energy only exists

through tax subsidies. I know little of geothermal heating and although it sounds a pretty fantastic alternative energy source I have yet to see any credible report suggesting it is a truly economical and substantial alternative to current energy sources

And I'm afraid Doris does completely freak me out by referring to ... and the kids delighting in counting the most wind turbines in the distance

These are not the gentle Dutch windmills of quaint and gentle paintings.

These are huge industrial machines that overshadow every community

The "distance" is within 550 metres. a bit like a CN Tower in every back I really can't believe that Doris

wants to inflict such a future on our children

Industrial wind energy, several years later in Ontario, can still only produce less than 3% of Ontario's regular energy demand needs, and is unlikely

to improve any time soon, if ever. Industrial solar energy doesn't produce enough to even rate in the Ontario energy statistics as a viable energy source in its own right. In the government sites it is included in

Building factories now, to produce Canadian made goods for industries that are failing worldwide, and have failed everywhere they have been tried doesn't make any sense at all. If wind and solar energy were truly economically viable, governments

worldwide would not have had to bribe those industries with their citizens' uncollected taxes, and in Ontario, even introduce a Green Energy Act that takes away a citizen's democratic right to choose what they believe is right for their communities. The failed and empty promises

of wind and solar energy are well recorded worldwide. That there are rational people who

still won't believe those failures is a cause for great concern. Andrew Watts Wainfleet

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### ■ COLUMN

# Preparation of CIP for East Village and Waterfront being finalized

ay I take this opportunity to highlight our city's work

LV L opportunity to highlight our city's work program for 2011. In the work of the company of th

affordable and efficient development initiatives tools and incentives.

• We are currently working on the preparation of tender drawings for the streetscape works for the Downtown CIP area, including landscaping, road works, sidewalks,

Plan policies will ensure

amenities and servicing.

• We are finalizing the streetscape works along Main Street (to be completed July/Aug). This was a \$5.5 million dollar project, with assistance from the Federal Government.



(FedDev/CAF) in the amount of 3.6 million.

We are continuing to promote and work with businesses on the use of incentive programs for these CIP's. We currently have 12 active incentive applications (8 for Main Street, 4 in the Downtown) and have committed over \$40,000.00 in funding to local businesses.

We are working on the creation of an Industrial CIP which will offer tax incentives and additional development incentives to new and expanding industrial businesses.

This CIP will work in

tandem with the Region's expected Gateway Economic Zone and Centre CIP which will add further incentives to doing business within the City of Port Colborne.

of completing drainage improvements at Westdale Park and are about to install new playground equipment.

 We are installing playground equipment at Humberstone Shoe Park.
 We have begun the

construction of the Health and Wellness Centre. It is expected to be an 18-24 month construction period. • We have begun the design process of a new Port Colborne Operations

Centre.

• We are about to be erected new traffic signals at Steele/Clarence and Elm/Clarence

• We are continuing with

the Omer Area Combined Sewer Overflow (CSO) Program. • We are completing the Arena Area Combined Sewer Overflow (CSO) Program. • We are completing road repaving, sidewalk repairs and replacements

throughout the city.

• We are designing an upgrade for Killaly Street West (between King Street and Steele Street) with the

Region of Niagara.

• We are in the process of Design and Reconstruction of the East Side Bulk Water Denot.

We are completing
 Water Distribution
 Infrastructure Needs Study.
 We are completing a
 Storm Water Management

Master Plan.

 In partnership with the region, we have entered into an Environmental Assessment for a trunk main to cross under the canal to service our new Industrial Lands located along highway 140.

 We have entered into a vertical lease with Talk Wireless - WI MAX which is high speed wireless internet service is now available in

 City council is moving forward with the design and costing of a skateboard park.
 The City of Port

Colborne was recognized with three awards at the annual Ontario Economic Development Awards recently. Hosted by the Economic Developers Council of Ontario (EDCO) at its 2011 conference, the annual competition recognizes the highest

calibre of marketing and

promotion of communities for new business growth and investment. • Thirty-five international

and provincial bio-industry and business leaders representing five continents visited Port Colborne on May 12 to learn about Ontario's Carbohydrate Valley. The visiting professionals hailed from Asia, Africa, North America, Europe and Australia and were part of the Niagara Bio-industry World Congress Tour which was coordinated and hosted by

the Port Colborne Economic

and Marketing department

Development, Tourism

in partnership with bioindustry stakeholders. see MAYOR | page 6





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**■ MAYOR** 

# **SCC** helping to spread the word about Port Colborne

#### FROM PAGE 5

is a 5.295 square foot private The tour included stops at production facilities operated by Casco Inc. and Jungbunzlauer Canada Inc. The event also showcased the horticultural science and innovation activities at the Vineland Research and Innovation Centre and included a winetasting at Vineland Estates Winery, which provided the opportunity for tour participants to meet with researchers from Brock University's Cool Climate Oenology and Viticulture Institute and Niagara College. · Visitors to the new Scotiabank Convention

Centre (SCC) in Niagara Falls are quickly learning about Port Colborne, thanks to an innovative sponsorship agreement between the City of Port Colborne and SCC. The Port Colborne Lounge

function room located on the second floor of the new \$105-million convention facility, Branded as 42°/79° because of the latitudinal and longitudinal co-ordinates of Port Colborne on a map, this room is located above the ballroom, walled in glass and overlooking the front lobby and Stanley Avenue. The space includes a dedicated photo wall featuring iconic images of Port Colborne shot by local photographer Thies Bogner and two large video screens that show videos promoting Port Colborne's Uncharted and Unexpected attractions and lifestyle advantages, as well as local businesses.

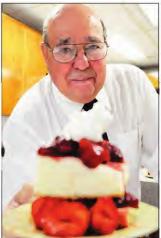
. The City of Port Colborne recently unveiled its new tourism promotional video on the City of Port Colborne website, its Facebook page and on YouTube. The video marks

the launch of the city's new brand identity and advertising campaign - "Niagara's South Coast - Uncharted. Unexpected," which creates a unified tourist message and identity for the area as it appeals to a wide variety of

visitore This three-minute video showcases key experiences that define Port Colborne's beauty and vibrant personality. going beyond the well-known icon of the Welland Canal by highlighting the city's many events, culinary experiences, arts and cultural attractions. nature and outdoor recreation experiences, and our people.



FRIENDS OVER 55: A sweet time at the Strawberry Social



DAVE IOHNSON Staff Photo Jack O'Neil, president of the Friends Over 55 Senior Centre, holds out some strawberry shortcake that was served up at the annual Strawberry Social

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■ PORT COLBORNE HOSPITAL FOUNDATION: Draw makes winner of Goss



**DAVE JOHNSON Staff Photo** 

Claudia Brema, left, Port Colborne Hospital Foundation board member, and Dr. Angelina Sulikowski, draw the first \$1,000 early bird prize for the foundation's annual cash draw. Linda Goss was the winner of the first draw. Another early bird draw takes place on Saturday. All proceeds go to the hospital foundation. The top prize is \$20,000 and tickets, which are \$20 or six for \$100, can be found at all banks in Port Colborne.

# ALONG THE LAKESHORE

AT THE PORT COLBORNE PUBLIC LIBRARY

The sign up for the TD Summer Reading Club begins at 10:00 a.m., Monday, June 27th, and continues throughout the summer. This year's theme: Splash! Celebrate Summer. Read books, earn prizes. For ages 3 to 13. Many thanks to our Summer Reading Club sponsors: TD Summer Reading Club, Harvey's, McDonald's, Tim Horton's, Avondale, and

7-Eleven. The library will also have a great line up of activities for children throughout the summer. Check out our Flyer, available on our website, or pick up a copy at the library.

Monday: July 4th. Underwater Adventurers: activities for ages 3 to 5 yr. old @10:00-11:00 a.m. Cost: \$1.00

per session. Pre-register. Tuesday: July 5th and Thursday: July 7th. Story Time with Town Crier Derek Mille @ 10:00 to 11:00 a.m. Free for

children to age 6. Children 3 and under must be accompanied by a caregiver

Tuesday: July 5th. Splash Crafts for ages 7 & older @ 1:00-2:00 p.m. Cost; \$3.00 per

session. Pre-register. Wednesday: July 6th Therapy Tails Niagara. Meet Therapy Dogs and their Owners and learn and earn passport pictures of all the dogs. For ages 3 & older, Free, @ 1:00-2:00

p.m. Pre-register. Thursday: July 7th. Beach Buds: activities for ages 6 to 10 @ 3:00-4:00 p.m. Cost \$1:00 per session. Pre-register.

Continued on page 9

# ALONG THE LAKESHORE

### FROM PAGE 8

Friday: July 8th. Kids' Yoga with Nadia for ages 4 to 7 @ 9:15-10:00; for ages 8 to 12 @ 10:15-11:00 a.m. Cost \$4.00. Bring a towel, blanket or yoga ma Pre-register.

\$4.00. Bring a towel, blanket or yoga mat Pre-register. Friday: July 8th. Wil for ages 4 to 12 @ 2:00-4:00 p.m. Free. Pre-register.

Thrill to the magic and comedy of INCREDIBERTHT For Colborne Library presents an interactive magic and comedy show for all ages, **Tuesday**, **July 12th** 1:00 2:00 p.m. Cost \$4.00 per ticket available in advance or at the door. To be held at the Wilson Heritage Archive Building, beside the library.

One-on-one computer lessons.
Saturday mornings at the Library. Topics available: learn how to set up email accounts, chat, blog, set up Facebook and Twitter accounts, create a website, and more. Cost is \$10.00 per one hour lesson. Pre-registration required.

St. John Ambulance Baby-sitting Course on Thursday, July 14th from 9:00 a.m. to 4:00 p.m., for boys and girls age 11 to 14 years. \$55.00. Pre-register and prepay at the Library.

Art in the Atrium: "This That & The Other": prints by Doug Carter on display in the Atrium until July 9, 2011.

#### AT THE WAINFLEFT LIBRARY

Computer workshops and one-onone training are available at the Wainfleet Township Public Library Mondays, Wednesdays and Fridays. Please call the library at 905-899-1277 to book an appointment.

Monday, July 4 to Thursday, August 18: TD Summer Reading Club at the Wainfleet Township Public Library. Dive into our award-winning TDSRC which runs seven weeks from July 4 to August 18. One session per week, per child.Children ages 2 to 4 can register for one weekly one-hour session either Wednesday afternoons or Thursday mornings at no cost. Children ages 5 to 7 can register for one weekly 3-hour session on Tuesday afternoons or Wednesday mornings at a cost of \$5 per session or \$25 for the whole summer. Children ages 8 to 12 can register for one weekly three-hour session on Tuesday mornings or Thursday afternoons at a cost of \$5 per session or \$25 for the whole summer. Register early as space is limited. Registration forms available in library or on the website, www.wainfleetlibrary.ca. Call the library at 905-899-1277 for more

Monday, July 4 to Friday, August 19: Wainfleet Teen Reads at the Wainfleet Township Public Library, Wainfleet Teen Reads, the teen summer reading club for pages 13-18. List read to win instant book prizes. Go to the WTR blog on the library's website, www.wainfleetlibrary.ac for more information and to write book reviews for a chance to win an Tiunes gift can chance to win an Tiunes gift can.

information.

# Celebrating 25 Years

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# 10 **■ COLUMN**

# Volunteer firefighters celebrated at convention

InPort News Staff

Where there's smoke there's fire and where there's a firefighters convention. there's volunteers in uniform

The Niagara District Firefighters Association held its annual convention on Saturday in Wainfleet to celebrate the work that Niagara Region and Haldimand County volunteer firefighters do for their communities

Kicking off the morning with a pancake breakfast, which was also open to the public, the firefighters participated in a brief parade amund the fire hall at noon They then gathered

behind the arena and geared up for the skills competition in which games simulating the real-life duties of a firefighter played out in front of a crowd

Games included a rescue race where using a ladder, participants climbed a tower and retrieved a weighted bag, a hose race that saw firefighters assembling a hose and taking aim at targets, and a tug of war. Points were awarded for the fastest time in each of the



LINDSAY COSTELLO InPort News Photo Wainfleet volunteer firefighters march in a parade during the Niagara District Firefighters Association's annual convention on Saturday

events and the companies with the most points received trophies at the

convention's conclusion. Crispin Bottomley, president of the Niagara District Firefighters Association said the event acts as a year-end round up as the group begins a new chapter, having elected new officials the night before the

convention

The association is responsible for 44 companies across the region's 12 municipalities

and focuses on education and fire prevention. Bottomley said that by holding the convention each year, the association gives firefighters a chance to meet

with other area firefighters who share similar interests and experiences.

He said the work the firefighters do is beneficial and rewarding. "It's a great service to the

community," said Bottomley. "We love what we do." ASK THE ARTIST

You never know what you

might see if you take a closer look Linda Hankin stopped by Arts Place Gallery on

Saturday afternoon to speak about her paintings, which are currently on display at the King St. establishment.

Hankin, who describes her style as contemporary realism, said her work is more than meets the eye. Hidden meaning can be found in the variety of elements that make up each creation

Her visit to Port Colborne consisted of a two hours discussion that saw her dissecting her paintings and fielding questions from fellow painters and art lowers

Hankin said her work is inspired by floral and landscapes and that she also does portraits. Shades of blue, green and purple were predominant in her exhibit although brighter colours were also incorporated.

"I think I was born with a paintbrush in my hand," she joked, adding she has been interested in art since she

was very young. She said she has created thousands of pieces over the vears and uses a variety of mediums including oil and acrylics.

Originally from Massachusetts, Hankin has taught classes across Ontario among other locations and owns her own gallery in

Lewiston NV Hankin's exhibit, Linda's Wall, was put on display on June 9 and will remain at the gallery until July 10. For more on Hankin and her work, visit www lindahankin com

#### FRUITFUL FISHING Anglers accepted the

challenge hook, line and sinker when they registered for the International 444 Walleye Tournament that took place this past weekend

Put on by the Port Colborne and District Conservation Club, the tournament drew 95 teams to H.H. Knoll Park to show off their fishing skills and compete for cash prizes.

see COSTELLO | page 12



InPort News Photo

LINDSAY COSTELLO

Jason Mous and Matt Devries, Wainfleet volunteer firefighters, participated in the rescue race during the skills competition at the Niagara District Firefighters Association's annual convention on Saturday.

# Preventing Fungal Infections for Denture Wearers Contrary to popular belief, life with a denture is not life without dentistry. There are quite special oral health concerns for

people who wear dentures, and Candida infection is one of them. Candida is a yeast-like fungus present in the mouths of about 30% of adults, and in nearly half of all denture wearers. It doesn't

cause much trouble when the denture fits well, mouth tissue is healthy, immune system intact and nutritional needs are satisfied But an ill-fitting denture, or bad denture habits, can adversely affect both nutrition and oral tissues, and open the door to

Candida invasion It happens fast, Candida can spread over a denture in just 30 minutes! Since Candida actually permeates the acrylic. liner of the denture, chronic infection can occur. The common result is denture stomatitis, that is red inflamed sores

under the denture. Stomatitis will discourage from wearing the denture at all. How to resist infection? Keep your mouth tissues in top condition. Remove your dentures more often, especially at night. Let's try to determine what elements of your diet might contribute to fungus growth. Best of

DENTURE CEN

all, have us evaluate your denture fit. In severe or chronic cases you may need to see your doctor. Of course, life with a denture can be full and vigorous. But remember, your oral health will always need attention, denture or no denture

Call For FREE Consultation

3-547 Thorold Rd., Welland Corner of Thorold & South Pelham



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#### ■ COSTELLO

# Fishing front and centre during walleye tournament

#### FROM PAGE 10

12

Although weather prevented the fishers from enjoying two days on the water, competition heated up as the sun came out on Sunday for the tournament's

conclusion. While competitors travelled from the United

States and across Ontario. local participation was also apparent. Fishing has always been a big part of Port Colborne,"

said Paul Bird, conservation club president Although Port Colborne

did not take the title of Canada's Ultimate Fishing Town in a recent

www.wainfleet.ca

World Fishing Network competition, it is home to the largest international walleye tournament along the Canadian side on Lake

Bird said that in past years, interest in the tournament had been diminishing as participants grew older but the tournament has seen some new blood recently and gained momentum once

again With the support of the city, camping at the park during the tournament has returned which Bird describes as a big draw for out-of-town fishers.

Several cash prizes were awarded following the weigh-ins including presentations to the top ten teams and the teams with the six heaviest individual catches

Team scores were based on their four heaviest walleve

Other awards included the Mayor's Award that went to the team with the biggest catch caught using one of three pre-selected numbered lures and the Can-Am cup that went to the top five Canadian teams who caught more fish by weight that their American counterparts.

awarded to Chris Yalowica, Randy Gibb. John Yalowica and Ryan Martinsen whose team total was 33 54

Bird said that the 444 is

the club's top fundraising event and is sure to continue If you know of a community event you would like to see featured in this column. please e-mail your ideas to lindsavcostello@hotmail.com



Painter Linda Hankin's work is currently on display at Arts Place Gallery in Port Colborne. The artist held a two-hour session at the King St. gallery on Saturday in which the public was invited to discuss her work.

# PLANNING ACT

NOTICE OF THE PASSING OF AN INTERIM CONTROL BYLAW BY THE CORPORATION OF THE

TOWNSHIP OF WAINFLEET

TAKE NOTICE that the Council of the Corporation of the Township of Wainfleet passed Bylaw No.019/2011 on the 14th day of June 2011 under Section

38 of the Planning Act. AND TAKE NOTICE that any person or agency may appeal to the Ontario Municipal Board in respect of the Bylaw by filing with the Clerk of the Corpo-

ration of the Township of Wainfleet no later than the 15th day of August 2011, with a notice of appeal setting out the objection to the Bylaw, the reasons for the appeal and, accompanied by the fee required by the Ontario Municipal Board AND TAKE NOTICE that the Council of the Township of Wainfleet has the

authority to extend the period during which the bylaw will be in effect to a total period not exceeding two-years from the date of the adoption of Bylaw No 019/2011

The purpose and effect of the Interim Control Bylaw No.019/2011 is to limit the submission of planning applications for properties within the Boil Water Advisory Area. This measure is intended to provide time for the Township to develop a new comprehensive zoning bylaw and to study an alternative solution to addressing the boil water advisory.

Only individuals, corporations and public bodies may appeal a zoning bylaw to the Ontario Municipal Board. A notice of appeal may not be filed on behalf of an unincorporated association or group. However, a notice of appeal may be filed in the name of an individual who is a member of the association or the group on its behalf

The complete Bylaw is available for inspection in my office during regular office hours or on the Township's website www.wainfleet.ca.

For further information TOWNSHIP OF WAINFLEET



#### ■ COLUMN

# Skye terrier has royal roots

he Skye Terrier originated over 400 years ago on the Isle of Skye off the coast of Scotland. The Skye terrier looks almost the same today as it did four centuries ago.

it did four centuries ago.
It has a long body, short legs and long sliky hair covering his face, ears and body. He especially talented to hunt vermin wherever there are rocks, ledges, dens, caims or burrows to explore. He was also a very fashionable pet for all nobility. In the old days a duchess would be ashamed to be seen in the park without her

beautiful long-coated Skye Terrier.
Another dog from the isle of Skye is the Calm Terrier. The Caim is the smallest of the working terriers but will work until he drops. He was used for fox-bolting. As the fox ran to ground, the Caim Terrier would go into the fox's den and worry the fox until he tried to make a run for it and the hunters would be waiting.

the nunters would be waring.

The Cairn Terrier is very devoted in the family. They can start out being reserved with strangers until they know you then they are very friendly. They are said to be the smartest of the working terriers and will chase anything that moves from rats to rabbits. Their name comes from the earins or rocks where they loved to

rabbits. Their name comes from the caims or rocks where they loved to hunt on Scotland's isle of Skye. The Scottish Terrier was originally known as the Aberdeen Terrier as he was developed in that area of Scotland. This handsome black terrier has character and



In the 17th century King James VI of Scotland sent six of his best Scotles as they were affectionally known, to France as a present. Many like to claim that the Scotle is the oldest terrier breed in Scotland all the other Scottish terriers were developed from the Scottle. As records were poor concerning dog

breeding hundreds of years ago, it

can't be proven for sure to be true. The

Scottish Terrier is known to be great

children's playmates, affectionate,

good companions as well as excellent hunters even today. The West Highland White Terrier became affectionately known as the Westie as his name was so long. As his name says, he is all white in colour. The white coat was useful to make these terriers stand out when working on the rocks and caims so anot to be

mistaken for the quarry. They were used to hunt foxes and badgers. They are noted for being speedy, alert, tough, and hardy. Their white coats can be kept clean with just a daily brushing. They make great family pets and companions today as they are devoted, light-hearted and have great Soutish sounk.

Next Time: More Terriers of Group 4

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Firt bra Boutique's Kelley Kortellos, lerft, Double T Fashion's Sara Dekker, University of British Columbia Suddert Natine Burgess and Dianna Chambers from The Family Shoes Store on Main St. W. In Port Colborne helped raise more than \$3,200 at a benefit dinner June 1, for the public library in Busolive, Uganda. The money will be used to help fund 15 Library Scholar program designed by Burgess and fellow UBC students. The scholarship pays for school frees and tecthooks which cost \$370 a year per cast \$3 We think calling you by name is the first step towards building a relationship. And that means understanding and meeting your financial and investment needs on a deeper and more personal level.

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# CHYSTAIL

A Newsletter written by Staff for the Residents of Port Colborne

**JULY 2011** 

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SUGARLOAF MARINA



# JOIN US FOR SUMMER ON THE WATER in 2011 AT SUGARLOAF MARINA



THANK YOU · AND SUPPORT ·

Thank you to everyone that voted for Port Colborne in the WFN Ultimate Fishing Town Contest. A special thank-you to the Port Colborne District and Conservation Club, 444 group, and the Vote for Port Colborne Ultimate Fishing Town Facebook page creators.

While we are talking about fishing... mark July 23rd on your calendar for Sugarloaf Marina and Erie Tracker's One Day Walleye Derby. This is a fun. family fishing derby with 100% payout. Registration fee is only \$25.00 per person, or \$10.00 for kids 14 years and under. Too ten walleye weights win prizes. Rain date for this event is the following day, 5unday, July 24th.

> WE ARE NIAGARA'S SOUTH COAST CALL SUGARLOAF MARINA NOW

and talk to Denise or Mark

# RATES

2011 Seasonal Dock Rates: \$46.28 per foot (unserviced dock) \$55,09 per foot (serviced dock) Dock Specials for designated areas:

Boats up to 16 feet..... \$578.00 Boats 17 &18feet... \$635.00 Boats 19 feet \$694.00

Transient Rates(per foot): Daily. Weekly.

\$8.50 Monthly(un-serviced) \$21.00 \$25.00 Monthly(serviced) .. (All rates subject to HST)

905.835.6644

\$1.50



### Beach season has arrived! Nickel Beach continues to be a premier destination for safe,

family fun on the shores of Lake Erie. Explore sand dunes and the Carolinian forest, search for the Fowler's Toad a protected species indigenous to our area. Located at the southern end of Welland Street at Lake Road, Nickel beach offers approximately one kilometre of clean, sandy shoreline, public washrooms and a vehicle free area for safe recreation.

Open 365 days a year for FREE pedestrian access, Nickel Beach is open for vehicle parking weekends in June and will open for 7 day operation (weather permitting) on Saturday June 26 until Monday September 5, 2011, from 10:00 a.m. until 6:00 p.m. A small parking lot is available for quests, space permitting, outside the entrance gates. A parking fee of \$10 will be collected at the gate.

Please note that there is a no alcohol and no dogs policy on the beach, for the safety and enjoyment of all quests. Coolers, bags and vehicles will be inspected and entry will not be permitted if alcohol and/or dogs are found.

The Niagara Region Public Health Department runs water qual-

ity tests each day, and signs are posted for quests' information if the Niagara Region's Public Health Department determines the bacteria levels in the water may cause illness or infection. This information will be posted at the gates of the 8each as well as on the vehicle barrier. The status of Niagara Region beaches can be found at http://www.niagararegion.ca/living/health\_wellness/beaches/default aspx or by calling the Niagara Region Seach Hotline at 905-688-8248 ext. 7789 or 1-888-505-6074 ext. 7789.

Season's passes are also available for purchase at the beach: residents can purchase a season's pass for \$100 and senior residents can visit the beach as often as they would like by purchasing a seniors season pass for \$75. Those not from Port Colborne can purchase a season's pass for \$125, and non-resident seniors may purchase a pass for \$100.

Experience Nickel Beach! Experience Niagara's South Coast!

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k.portcolborne.ca \* Tel: 905-835-2900 \* City Hall, 66 Charlotte Street, Port Colborne, ON L3K 3C8 \* email: newsletter®

CITY HALL NEWS

# **MUNICIPAL TRANSIT NEWS**

The Port Colborne Transit Advisory Committee wants to remind all residents of Port Colborne that the Port Colborne Community Bus is available daily Monday to Friday to transport you in and around the city for shopping, appointments and to all your favourite local spots; with a link bus to Welland, three times each day (M-F). Monthly and econo passes are available for purchase at City Hall, Port Cares and Welland Transit

Great Summer News for Parents: Again this year, when you buy a July student monthly pass (\$59.00) you will get the August monthly pass for FREE. A monthly pass allows you to ride the Community Bus all month as often as you like (Mon-Fri).

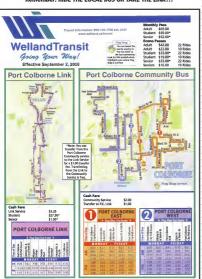
Children 12 and under ride for free when accompanied by an adult (Max 4 children/adult).

Due to the increase in fuel and operating costs there will be a nominal increase on Cash Fares ONLY as of September 1, 2011. This is the first time in several years that there has been a fare increase. The new fare will be \$2.50 which also comes into line with the other transit systems. Cost of ALL PASSES remains the same.

Public Transit is available to ALL citizens and business owners to make a conscious choice to park your car. As well as transporting you around Port Colborne, this is a new way to see Niagara and encourage visitors to explore and appreciate all Port Colborne has to offer. So if you haven't experienced a ride on

the Community Bus and/or the Link we encourage you to do so.

REGIONAL TRANSIT IS COMING! Look for more information coming soon. Remember: RIDE THE LOCAL BUS OR TAKE THE LINK!!!



### New Bus Route Added

Attention all Passengers on the Port Colborne West bus

- Effective Monday March 14, 2011 the Port Colborne West Bus changed routing on Steele Street, between Borden and Northland. The change began as a trial necessitated by
- a demand for service in the Apollo Rd. Area and the route is now permanent. Please catch the bus travelling north at the corner of Steele and Borden or travelling
- south at Steele and Northland turning onto Northland. The new routing will be Steele St.; right turn onto Borden, left turn onto Elm St., left onto Barrick Road: Stop at Apollo and Barrick: Continuing on Barrick: turning left onto Steele and then right onto Northland and then continue on regular routing.



# Port Colborne's Residential **Tree Planting Rebate Program**

Receive a rebate of 50% of the purchase price, up to a maximum of \$40.



### 26 Native Trees to choose from!



For additional information please call 905-835-2900 ext. 219

Brought to you by the City of Port Colborne's Environmental Advisory Committee (EAC)





@27 Restaurant has recently taken advantage of the Olde Humberstone Main Street Community Improvement Plan - Facade Improvement Grant which allowed them to paint the formerly white building and incorporate a new patio awning creating a pleasurable outside dining experience. 

# 2011 Final Tax Mailing and Due Dates

Tax hills have been mailed out with due dates as follows

Residential July 4, 2011 and October 3, 2011 Commercial, Industrial, Multi-Res July 29, 2011 and October 3, 2011

If you have not received your bill please contact the tax department at 905 835 2901

Interest charges will be added to all outstanding accounts immediately following the due date without exception.

### Water Bills Mailing and Due Dates

Water hills were also mailed out in June with due dates of

- M1 July 6, 2011
- M2 July 13, 2011 M3 - July 20, 2011

Please contact the water clerk at 905 835 2901 ext 125 if you have not received your

Penalties will be added immediately following the due date without exception.

In light of the strike by Canada Post please review the methods of payment available to you for your Property Taxes and Water Bills. Use of these methods will ensure payments are received on time and penalty charges are avoided.

#### Methods of Payment for Taxes and Water

We offer our residents the following ways to make payment for taxes and water:

- · Pre-authorized automatic withdrawals from your bank account. (Application forms are available on the City's website at www.portcolborne.ca or at City Hall)
- . By use of telephone and or internet banking At any Financial Institution in person or at Automatic Teller Machines
- . A 24 hour mail slot is located at the east-side of the front entrance of City Hall. 66 Charlotte Street, Port Colborne
- . In person, on the First Floor of City Hall

# CONSTRUCTION ON MAIN STREET IS ONGOING... **BUSINESSES ARE OPEN!**

The construction on Main Street continues and the new vision for the Olde Humberstone Main Street CIP area is almost complete. Main Street and all Businesses along it will remain open throughout the duration of construction. Any questions regarding the construction works along Main Street can be directed to Jim Huppunen, Manager of Engineering Services at iimhuppunen@portcoborne.ca or 905-835-2901 ext 221.

### COMMUNITY IMPROVEMENT PLAN INCENTIVE FUNDING AVAILABLE!



Olde Humberstone Main Street Community Improvement Plan

With the creation of the Port Colborne Gateway Business Improvement Area, encompassing the Olde Humberstone Main Street Area, the City is now accepting applications for the various Olde Humberstone Main Street CIP incentive programs. The Application and incentive program information is available on the City's website at www.portcolborne.ca/page/Main Street CIP or in hard copy at City Hall.

### **Downtown Central Business District**

Community Improvement Plan

With the completion of the Downtown CBD CIP, Urban Design Strategy and Traffic Study, the City is now accepting applications for the various Downtown CBD CIP incentive programs. Program Guides and Applications can be found on the City's website at: www.portcolborne.ca/page/Downtown\_CBD\_CIP or in hard copy at City Hall

### **Brownfield Strategy / Community Improvement Plan**

Brownfields are abandoned, idled or underused industrial and commercial properties where redevelopment is complicated by real or perceived environmental contamination. The CIP outlines specific municipal programs and actions designed to encourage private sector investment in cleaning up and redeveloping brownfield sites. The City is now accepting applications for the various Brownfield CIP incentive programs. Program Guides and Applications can be found on the City's website at www.port-colborne.ca/page/brownfields\_CIP or in hard copy at City Hall.

# Funding for all CIP incentive programs is provided on a first come, first serve basis - so don't delay!

For information on any of the above noted Incentive Programs, please contact Lindsay Richardson, Community/Policy Planner at lindsayrichardson@portcolborne.ca or at 905-895-2901 ext 129 to make an application or for more information on the available funding opportunities.

#### **East Waterfront Community Improvement Plan**

The ongoing study of the East Waterfront is leading to the development of a long term vision for the East Waterfront area of the City. Encompassing the industrial lands along the canal, the abutting neighbourhood and Nickel Beach area, the proposed long term vision for the East Waterfront responds to the opportunities for improvements and supports the community's goals for the area. It calls for green open spaces and streets that will create the setting for neighbourhood renewal, infill development and a variety of lakefront experiences. For more information on the development of the East Waterfront CIP, please check the City's website at http://www.portcolborne.ca/page/waterfront\_cip. Questions or comments regarding this CIP can be directed to Lindsay Richardson, Community/Policy Planner for the City of Port Colborne at lindsayrichardson@portcolborne.ca or 905-835-2901 ext 129.

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CITY HALL NEWS

# Flavours of Niagara Food, Wine & Music Festival & Canada Day Celebrations July 1, 2, 3, 2011

Niagara food artisans return to Port Colborne for the 5th annual Flavours of Niagara Festival. This unique event features culinary samplings from Niagara's best chefs and caterers, complemented with wines from wineries within the Twenty Valley Tourism Association. Nestled in the bowl of beautiful HH Knoll-Lakeview Park, the festival features an intimate of Niagara's South Coast.

picnic area accented by a band shell showcasing the finest musicians from around Ontario. The City of Port Colborne continues to be a culinary destination for those seeking an experience filled with great food, wine and entertainment while enjoying the sights and sounds

### Friday July 1

12:00 pm - 9:00 pm 12:00 pm - 11:30 pm 1:00 pm - 3:00 pm 5:00 pm - 7:00 pm 8:00 pm - 11:00 pm 10:00 pm

Beer Tent Open \*Tropical Islanders "British Invasion Band" "Jonesy Canada Day Fireworks

Food & Wine Vendors

Saturday July 2 12:00 pm - 9:00 pm 12:00 pm - 11:30 pm

1:00 pm - 3:00 pm "TiannaH Jazz with a Twist" 5:00 pm - 7:00 pm 8:00 pm - 10:30 pm

"Daylight for Deadeves" "More Bad News & The Horns From Hell\*

Food & Wine Vendors

Beer Tent Open

# Sunday July 3

12:00 pm - 5:00 pm 12:00 pm - 4:30 pm 1:00 - 3:30 pm 5:00 pm

Food & Wine Vendors Reer Tent Open "Steve Burnside & The Marquis" Festival Closes

# **Canal Days Marine Heritage Festival** July 29, 30, 31, August 1, 2011

A celebration of our community's Marine Heritage along the shores of Niagara's South Coast!

Every August holiday weekend, the tall ships gather in Port Colborne for a four-day celebration of history and heritage. Explore the decks, try your hand at the wheel, or feel the spray as you cruise Lake Erie on a tall ship. Nestled at the junction of the Welland Canal and the Lake Erie north shore. Port Colborne is a working marine community, with rich nautical history and welcoming hospitality. At the height of summer, the entire city takes time to celebrate the reasons why our picturesque city has grown and prospered - our marine heritage and our connection to the St. Lawrence Seaway and the seafaring world at large.

Canal Days encompasses the entire community, with activities at a dozen different venues: HH Knoll-Lakeview Park is host to Ontario's largest outdoor classic car and kite show. The Seaway Park children's area has games, entertainment, and kid's activities throughout the weekend. At the Port Colborne Historical and Marine Museum, the history of the Welland Canal is on display and heritage artisans can be seen working their trades. Festival guests can ride the free Canal Days shuttle to the West Side Arena for an indoor craft show, or the Garden Swing Jazz event at the Roselawn Centre. Festival food and shopping klosks fill downtown, and the Market Square concert venue features top-notch entertainment nightly and includes a dedicated youth concert on Friday evening at HH Knoll-Lakeview Park. Last year, more than 300,000 people visited the festival over four days. Friends, families, and former residents return and reminisce, and Canal Days continues to grow by bounds. An ever changing roster of activities has repeatedly redefined Canal Days, and as the festival moves into its fourth decade, that growth will continue as the festival blooms again. A source of great community pride and the countless local volunteers who work tirelessly over 4 days make this event Niagara's premier summer festival. Experience Port Colborne - Experience the sights and

sounds of Niagara's South Coastl For more information, contact 905-B34-166B, 1-888-PORT-FUN, www.portcolborne.ca

Concert Information:

### Friday Youth Stage presented by Z101:

Stereos with Dubbs and San Sebastian

#### Friday Main Stage: Helix and Nazareth

Saturday Main Stage:

Finger Eleven with Whale Tooth and Bleeker Ridge

#### **Sunday Main Stage** Niagara Show Case including:

Up Yer Kilt, Street Pharmacy, Guy'ner Generals. Black Malik Movement, and Mini Song Writers Circle featuring James Moore, Jakub Zapotoczny and Adam

Monday Main Stage: The Caverners with Sister Act



PAGE 5

# Port Colborne captures three awards for economic development

The City of Port Colborne was recognized with three awards at the annual Ontario Economic Development Awards recently. Hosted by the Economic Developers Council of Ontario (EDCO) at its 2011 conference, the annual competition recognizes the highest calibre of marketing and promotion of communities for new business growth.

and investment. "We are delighted to be recognized as best in class and to receive three prestigious awards in the field of economic development," said Mayor Vance Badawey. "This demonstrates the increased attention that Port Colborne is garnering across Ontario for its efforts to strengthen and exoand our business sector."

Award honours were presented to the City of Port Colborne for the following:

• A Competitive Analysis of Industries in the City of Port Colborne, Ontario was a winner in the Research Report/Study Category. The research study Identified key

winner in the Research ReportStudy category. The research study identified key strengths and growth opportunities in Port Colborne's economy and served as a foundation for the development of Port Colborne's first Economic Development Strategy.

Port Colborne Economic Development News received an award in the Newsletter

• Port Colorone Economic Received an award received an award in 2019 and 10 to 10 and 10 days of the Districtions category. The electromic newletter was introduced in 2019 was distributed quirty for braiders throughout Najara and across the world, keeping them informed on busines news and investment opportunities in Port Coloborne. 4 - An Analysis of Economic Development Evelopment Development Development Evelopment Service. Research Report/Study category. The Study completed by the Economic Development Evelopment Service and Service Service

"it's a significant milestone for Port Colborne to receive this recognition, especially when competing with some of the largest cities in Ontario," stated Stephen Thompson, General Manager & Director, Economic Development, Tourism & Marketing, "It is exciting to see the tools we have created to help grow Port Colborne's economy considered among the best in their field."

The annual Economic Development Awards showcase the best in economic development marketing achievements within the province of Ontario. The award selection focuses on exemplary marketing practices, as well as cutting edge ideas and

EDCO is the country's largest provincial economic development association with close to 600 members. "This year, over 145 entries were judged," said EDCO President Kathy Weiss. "The competition allows local communities to see just how they stack up against other municipalities when it comes to promoting location, investment and tourism opportunities."

www.edco.on.ca

# Bio Tour showcases Carbohydrate Valley

Thirty-file international and provincial bis-inclusive and business leaders representing files continens oxided for Coldomor on May 12 to learn about Ontario's Carbohydrate Valley. The visiting professionals haided from Asia, Africa, North America, Europe and Australia and were part of the Naigana Bis-industry World Congress Four which was coordinated and hosted by the Port Colborne Economic Development, Tourism & Marketing department in parenessing with bio-industry

stakeholders.
This unique industry tour followed the 2011 World Congress on Industrial Biotechnology & Bioprocessing, which was held in Toronto May 8-11.

A select group of participants attending the prestigious international bio-industry conference travelled from Toronto to participate in the day-long tour in an effort to meet Niagara's bio-industry leaders and discover Ontario's Carbohydrate

valley. The tour included stops at production facilities operated by Casco Inc. (a division of corn Products international) and Jungbunshauer Canada Inc., both located in Port Colborne. The event also obnovaced the horizolutural secine and innovation activities at the Vineland Research and innovation Centre and Included a wine-testing at Vineland States Winley, which provided the opportunity for tour participants to meet with researchers from Brock University's Cool Climate Denology and Viticulture Institute and Niagara College.

# Port Colborne Unveils Official 2011-2012 Visitor Guide

Visitors preparing a trip to Niagara's South Coast have a new resource for planning - the 2011-2017 Colborne Visitor Golde – the Ullmate must-have reference for planning any outling family vacation to Niagara's South Coast is now available. This full colour, digest-size guide is a practical, detailed traveller's companion, providing compelling editoral that encourages readers to discover why Port Colborne is the permier vacation destination on Niagara's South Coast

With nourism wital to our area, the City of Port Colbone's Visitor Guide is an important marketing piece used in promoting burstier and providing a wealth of information on Niagawis South Coast. The guide highlights Port Colbone's key tourism assets including the Welland Canal, its marine theory and heritage, arts and culture, testivals and weeks; startedisms, recreational activities including golf, fishing, opling, boatting and beaches, as well as boal cultim and fartnatist chopping opportunities. It also includes a new yollout map of Port Colbone lootized at he back of the guide, and expanded cycling and arts and culture content – both priority targets in Port Colbone's tourisms strategy.

This free publication is produced annually by the Economic Development, Tourism and Marketing Department. It is available colline at www.portcobence and in print with 45,000 copies distributed each year to the travelling public via newspaper insertions and travel centres across the province, visibant tour city are encouraged to bek, up our most exert estillion at the across the province, visibant tour city are encouraged to bek, up our most exert estillion at the act 65 Cantrotte Street and as local businesses. Requests can also be made via the web at www. portcobbnece as or youlgrain 1988-09CH sould be portcobbnece as or youlgrain 1988-09CH sould be younged to the public sould be your portcobbnece as or you light 1988-09CH sould be younged to you will be younged to you will be you will you will be you will you will be you will you will be you will you will be you will you will be you will be you will be you will you will you

# Niagara's South Coast Adventure Passport Returns!

Looking for staycation ideas this summer? Why not go exploring in your own backyard, be a tourist in your own city and explore Niagara's South Coast in a fun and adventurous way! Make Niagara's South Coast your vacation destination this summer and participate in our version of a giant scavenger hunt with the 2nd annual Niagara's South Coast Adventure Passport published by the City of Port Colome. Introduced in 2010, the passort was successful in helping

promote the Port Colborne and Wainfleet area's numerous cultural, heritage, and popular tourism attractions.

This joint marketing effort by the City of Port Calborne and the Port Colborne-Wainfleet Chamber Commerce, encourage visitions and readiest to sepple net inemy attractions and engelences located along Magazin's South Coast. "Our Adverture Passport promotion is an innovation way for the Coast." Our Adverture Passport promotion is an innovation way for the Coast of the

### How the Niagara's South Coast Adventure Passport Works

The Magara's South Coast Adventure Pasport features 10 destination in the Port Colborn and Whinfeet are, learning from a formation and control for the Colborn and Whinfeet are, learning from the Colborn and Common and Colborn and Common and C

Several prize packages are described on the Passport, featuring the following:

One night accommodation at Lake Breeze and Talwood Manor Bed and Breakfasts,
 \$100 Gift Certificate for @27 Restaurant (www.attwentyseven.com).

• \$100 Gift Certificate for The Smokin' Buddha Restaurant (www.thesmokinbuddha.com),

\$100 Gift Certificate for Canalside Pub & Eatery (www.canalside.ca),
 \$100 Gift Certificate for San Marco's Ristorante (www.sanmarcosristorante.com),

 2 Subscriptions (8 Tickets) for the 2012 Showboat Festival Theatre Summer Season (www.showboattheatre.ca)

Golf and Ride for Two at Port Colborne Country Club (www.pcgolfclub.com),
 A Gift Certificate for "The Spa" Port Colborne (www.thespa-portcolborne.com),

Copies of Niagara's South Coast Adventure Passport are available at the Port Colborne Visitor Information Centre at 76 Main Street and at City Hall, local attractions, businesses, bed and breakfasts, and tourism information centres across Niagara. Full Adventure Passport details and prizes are available online at www.portcolborne.ca

For more information please contact:

erinpozzebon@portcolborne.ca

Erin Pozzebon, Marketing and Tourism Coordinator Economic Development, Tourism & Marketing

The City of Port Colborne, 296 Fielden Ave, Port Colborne, ON L3K 4T6 Phone: 905-834-1668 ext 233 Fax: 905-834-2072



### CITY HALL NEWS

### Rural Medicine Week 2011



This year Port Colborne hosted four medical students from the University of Ottawa Elliot Stansfield, a Wainfleet native, was thrilled to come 'home' for a week of clinical placement. The City also hosted Bo Li, entering his 4th year of Medical School at the University of Ottawa. Bo was here for Rural Medicine Week in 2009 and has since completed 2 more clinical rotations here in Port Colborne Many thanks to the dedicated clinical preceptors and symposium presenters for their

# DID YOU KNOW RE: BUILDING PERMITS

Permits are a vital step in the enforcement of codes and regulations. Permits MUST be obtained before any works or construction activities begin. Permits provide the means for the City to ensure the health, safety and welfare of its citizens and visitors, while helping residents to understand the local by-laws and regulations. They enable municipal officials to review and inspect the works or activities authorized by the

permits, to ensure that minimum standards are met.

- There are laws governing the size, location and construction of:
- . Decks and porches
- . Sheds, pools, pergolas and other structures . Main buildings and any alterations to them, inside and out
- Accessory buildings such as detached garages
- . Sewer and water line installations and replacements
- . And many other situations where permits are required A Permit is required by Law prior to constructing, altering, repairing or demolishing any of the above-noted structures.
- Common permits include:
- \* Ruilding
- Plumbing • Sewer

continued support!

- Water
- \* Entrance Culvert
- Demolition
- . Interior Renovations (Whether structural or not)
- Moving a Building Swimming Pools
- Temporary Event Tents • Signs
- Constructing, altering, repairing or demolishing a structure without a Permit can result in numerous problems, including:
- . Complaints from neighbours
- . Not conforming with the Building Codes and other laws . Difficulty selling the property
- . Putting yourself at risk for liability should an injury occur to someone as a result of your structure not conforming to the Building Code
- . Extra cost in having to reconstruct the structure according to the Building Code and Zoning by-law
- Insurance protection nullification
- Extra Permit fees
- . Possible demolition of structure Before you begin your project, rather than take the word of someone who may not know, please call the City of Port Colborne Planning and Development Department. Building Division at 90S-83S-2900, ext 229 or ext 201 or visit us at 66 Charlotte Street, second floor,

### **ENGINEERING & OPERATIONS**

- contracts for 2011 are underway throughout the City.
- The asphalt resurfacing contract was awarded to Rankin Construction of St. Catharines Ontario. Rankin has been in the City resurfacing roads in both the urban and rural areas The asphalt patch repair contract was awarded to Circle P.
  Paying Ltd. of Stevensville, Ontario, Circle P. Paying will be re-
- pairing sections of roadways throughout the City to maintain the quality and structure of the roads The sidewalk construction contract was awarded to CTC
- Contracting of Welland, Ontario. The sidewalk contract includes the replacement of sidewalks and curbs, eliminating many of the trip hazards around the City. Each year, the City tenders for the application of longitu-
- dinal reflectorized traffic lines on selected roads. The roade ways scheduled for painting are generally the arterial and collector roads in the urban area and all roads in the rural area. Edge line markings are applied as a safety measure in selected areas. The total length of markings has now reached 74.750 meters, including all centre line and edge line markings. The 2011 Pavement Marking contract was awarded to
- The City-wide ditch cleaning contract has been awarded to Anthony's Excavating of Wellandport, Ontario. Prior to preparing tender documents, staff conducted a review of de ditching needs and established a priority list. Through further refinement from surveys, design, condition of outlet, cost estimates and budget allocation, tender docu ments were prepared. The documents called for cleaning of roadside ditches, replacement of culverts and restoration. This will be an improvement to the overall road system standard.

Provincial Maintenance of Niagara Falls, Ontario.

### **Extraneous Flow Reduction Program** In conjunction with the Regional Municipality of Niagara, the City of Port Colborne is committed to reducing unnec-

essary sewage treatment costs, the potential for baser flooding, and combined sewer overflows, by reducing infiltration of storm water to the sanitary sewage collection and treatment system through its Extraneous Flow Reduction Program. It is estimated that the City spends approximately \$1 million each year treating storm water in the sanitary system. These costs are directly absorbed through the City's water and sewer rates. The City has initiated a Pilot Study in the area serviced by the Arena Sewage Pump Station, to evaluate the most effective method of reducing infiltration of storm water to the sanitary sewer system. The Pilot Study is nearing completion and post flow monitoring of the area was completed by the winter of 2010. Contract 2011-23 for the Renlacement of Sanitary Laterals on First Avenue closed on Tuesday May 31, 2011 and has been awarded to Peter's Excavating Inc. of Stevensville, Ontario, Once the damaged laterals on First Avenue are replaced, all infiltration points within the Arena area will have been identified and repa A final report outlining the success of the program will be presented to Council in the summer of 2011. The Extraneous Flow Reduction Program has been expanded to the Omer Sewage Pump Station Area. The program involves inspection of private sanitary sewer services to assess their condition and the presence of any improper connections, followed by recommendations and City-funded improvements to remove sources of rainwater from the sanitary sewer system Inspections have been completed and the City is preparing a nian to remediate the sources of infiltration that were found throughout the study area. We would like to thank all residents in the Omer Pump Station Area who have participated in this project. For more information, please visit the City's website at www.portcolborne.ca

#### Port Colborne's Drinking Water What you need to know about door-to-door water testing

As you may know, some Ontario water purification compa nies are using questionable tactics to make people think their tap water is dirty and/or unsafe to consume. The Ministry of the Environment (MOE) has uncovered sales pitches laced with scary warnings to sell products that cost thousands of dollars and are generally unnecessary.

Municipalities across the Province have received complaints from their residents that some indiscri purification company employees are posing as City Staff, either in person or over the phone, falsely stating that there may be water quality issues in the area and it would be ben eficial to have the water checked. Some door-to-door sales persons can cause unnecessary concern as a way of luring wners into buying costly water treatment units

If there were any problems with the drinking water, the City of Port Colborne, along with Niagara Region Public

Health, would immediately notify affected residents. The City's licensed Water Operators possess City issued photo identification and would be in clearly marked vehicles. If you have any doubts about the purpose of their visit or their authenticity, you may contact the City's Public Works Depart-ment to verify they are a City employee tasked with sam-pling your water. Our residents can be confident that the City's drinking water is safe; it is tested in multiple locations throughout the City several times a week to ensure its safety

and compliance with the Safe Drinking Water Act. There has been such a high volume of complaints about estionable sales tactics, that the MOE has partnered with the Ministry of Consumer Services to create a web page called "What you need to know about door to door water

testing", which is available at the following link: http://www.sse.gov.on.ca/mcs/en/Pages/Water\_Purify\_Testing.aspx If you are approached by a water purification company and feel they have used questionable factics in an attempt to sell you their product, all complaints are to be made to the Ministry of Consumer Services

Phone: 416-326-8800 or 1-800-889-9768; TTY: 416-229-6086 or 1-877-666-6545

Also, the City would like to be made aware of any "suspect" activities, particularly if individuals are posing as City Staff, so we encourage residents to also report these activities to: Darlene Suddard, Water/Wastewater Compliance Coordinator 905-835-2900 x212

#### Ministry of the Environment Drinking Water System Inspection

In January 2011, the Ministry of the Environment (MOE) conducted the 2010 annual, scheduled inspection of the Drinking Water System. The MOE is required to conduct at least one scheduled inspection of each drinking water system in the province annually - they may also conduct unannounced inspections. Based on the City's high ratings over the past three years, the City was selected for a "focused" inspection, where the Inspector conducted an in-depth examination of certain regulatory requirements.

The Inspector determined during the inspection that the City had inadvertently contravened the regulations in two cases in 2010; in both instances, Staff reported the contravention to the MOE immediately upon discovering the issue. The first instance was a misinterpretation of the legislation, which resulted in connections to the watermain being made under the supervision of a non-licensed City Staff member; in the second instance, City Staff missed collecting a set of alkalinity and pH samples during the regulated July to October sampling period. The City has taken steps to ensure these contraventions do not happen again, and the MOE inspector was satisfied with the City's corrective actions.

The MOE is obligated to "rate" the non-compliant incidents that were reported (which were primarily administrative in nature), and the two incidents were rated at a total of 9.38%, which reduced the City's Inspection Rating from 100% to 90.62%. This Rating is lower than the 100% received in 2009; however, it is important to note that this lower rating does not mean that the safety of the drinking water has been compromised in any way, nor does it mean that the water in Port Colborne was of any lower quality in 2010 compared with 2009. For comparison, just over 95% of the drinking water systems in the province received ratings over 90% in 2010

The City remains committed to maintaining, monitoring and operating the Drinking Water System in accordance with the regulations and continues to ensure the residents and businesses in Port Colborne receive safe drinking water.

#### **Drinking Water Quality Management System** As the City's Operating Authority (generally staff in the

Engineering and Operations Department, Water Department) enters its third year of implementing its Quality Manment System in conformance with the Province's Drinking Water Quality Management Standard (DWOMS), we are beginning to see some of the benefits associated with having a Quality Management System in place. Staff is able to acress the forms they need on a daily basis from one, central. electronic database and procedures are beginning to capture the routine activities conducted by the Water Division,

resulting in greater consistency in day-to-day activities. The City is still awaiting its on-site audit from the Cana dian General Standards 8oard; in the meantime, the City's Internal Audit Team is performing audits throughout the year

and is ensuring the Quality Management System conformith the DWOMS.

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www.portcolborne.ca \* Tel: 905-835-2900 \* City Hall, 66 Charlotte Street, Port Colborne, ON L3K 3C8 \* email: newsletter@portcolborne.ca

# **MUSEUM NEWS**

# OYEZ! OYEZ!



New to Canal Days, this year is the Town Crier Competition, which will be hosted by the Port Colborne Museum on Sunday, July 31st at

The competition is being held to find the new Town Crier for the City of Port Colborne. Competitors must be local and willing to Cry at major events in the city throughout the year. The new Town Crier will be appointed by City Council at a regular meeting of Council

Not a local? But interested in competing at the Town Crier Competition? Well you still have a chance because there is also a competition for non-local residents! A Prize will be awarded for the best cryl This competition will be held after the local competition.

So all those interested should warm up those voices, brush up on their local history, spiff up the costumes, and practice their OYES! OYEZ! cries because the crowds are waiting for youl

All those interested in the competitions. both local and non-local should register by July 24th. 2011. Registration forms are available at the Port Colborne Museum. For more information please call the Port Colborne Museum at 905-834-7604

If you are not interested in competing, make sure you come to be a part of the crowd and take in the spectacle of the historical and colourful costumes and the unique cries of the competitors! It is sure to be quite a show!

### All New Exhibits at Museum Open 12 - 5 Daily

#### Different Strokes for Different Folks Runs to Decembe

This premier folk art exhibit showcases the museum's highly colourful and unique artifacts. Those homemade works of art from the community's past and present celebrates the whimsical, inventive and original.

#### Celebrating our Agricultural Past Runs to Decembe Learn more about the farming way of life,

the settlement of land, its use and the people. Agricultural artifacts collected since the museum opened 36 years ago show how things were done. In September this will be complemented by a traveling exhibit from the Archives of Ontario.

Runs to November The Port Colborne Maple Leaf Mill started to produce flour in 1911 and soon became the largest flour mill in the British Empire. Discover fascinating industrial archives and memorabilia from "the company that grew with Canada."



#### Mill & Marauders -The Rumour Wheels of War Runs to November

As the war of 1812 approaches, loyalties, convictions and a way of life are threatened. Learn in this exhibit how Sugarloaf Settlement society and its vital Zavitz Mill are forced to take a stand.

#### Coming Next Month: Wrecks and Relics

Runs from July to December

One hundred years submerged, nine metres below the surface of Lake Erie, three kilometres from shore lies the wreck of the Raleigh. Explore the underwater world with artifacts from the Raleigh and other shipwrecks.

### More on the Museum's Canal Days

We invite everyone to come and celebrate the 33rd Annual Canal Days, July 30 & 31, 11-5 p.m. at the Port Colborne Historical & Marine Museum. Activities this year will include traditional Celtic and maritime live music by the Ancient Mariners & Against the Grain. The heritage village and grounds come to life with rope ladder tying, heritage wood carving, artisans' crafts, blacksmithing and spinning. Join the Great Lakes Model Boat Association's ever popular remote controlled model boat demonstration and the Niagara Antique Power Association displaying everything from corn shucking to steam whistles

Children 12 and under are free admission and can have fun having their face painted, making a craft, playing games, and trying on a heritage costume all in our new kids' zone

The Museum is the only place to purchase official Canal Days T-shirts and offers a shady place to enjoy Crystal Beach Waffles and stuffed roast pork dinner by Pig Roast Productions

# Arabella's Tea Room Celebrating 33rd Year!

With summer on Port Colborne's doorstep, Arabella's Tea Room has started its 2011 season. Come back and see some familiar faces and new friends in the city's own peaceful retreat. Located at the Port Colborne Historical and Marine Museum, on the Corner of Princess and King 5t, the Tea Room is one of the many historical buildings on the grounds to explore.

Arabella's Tea Room is open 7 days a week, from 2 to 4 pm until the end of Sentember Too and fresh hisruits are served by the always pleasant volunteers and staff, along with homemade jam. If it's too warm a day for tea or coffee. iced serves tea to some eagerly awaiting customers tea and lemonade are also available

Arabella's Annual Pie Social, held two weeks ago to commemorate the opening of the season, was a delightful success to those who ran it. Hundreds flocked into the museum grounds to learn a bit about history



Gillian Nigh, a 2010 summer student, takes orders and

and to enjoy pie and tea in the Edwardian style tea roon

The Tea Room is only made possible by the dedicated volunteers who run it. With over thirty volunteers the Arabella's Tea Room

is always full of people just trying to lend a hand. Looking for something to busy your days? Volunteers are always welcome at the tea room and your work will not go unnoticed.

There's no other place in Port Colborne like the Arabella's Tea Room and the atmosphere is unlike anywhere you have ever visited. This cottage style house with its many windows, allows quests to look out at the museum grounds and see the blooming gardens and historical buildings.

So come in by yourself or with some of your closest friends and enjoy a cup of tea with some of our oven-fresh biscuits and iam. Even if you're just visiting, or plan to be a patron for life, ev-

eryone is always welcome to Arabella's Tea Room. Who knows? You may just learn a bit of history while you're here.

#### Dr. Haibo Xu, Family Physician P: 289-478-1015 Port Colborne General Hospital

If you live in Port Colborne or Warnfleet and do not currently have a Family Physician, please call Dr. Xu. It is important that you receive ongoing preventative care, and by restering with a family physician, you will receive the benefits of belonging to team-based primary health care.

For more information, please contact Joanne Ferracciol; # Health Services Coordinator # City of Port Colhorne

THE CORPORATION OF THE CITY OF PORT COLBORNE BY-LAW NO. 5633/64/11 BEING A BY-LAW TO ESTABLISH A SCHEDULE OF RATES AND FEES FOR CUTTING WEEKS FOR THE YEAR 2011

WHEREAS the Council of the Corporation of the City of Port Colborne wishes to impose fees with respect to cutting weeds; AND WHEREAS Council has adopted Planning & Development Report #3011-34 - Weed Rates 2011. NOW THEREFORE THE COUNCIL OF THE CORPORATION OF THE CITY OF PORT COLBORNE ENACTS AS FOLLOWS:

1. That the Schedule "A" being the Schedule of Rates for Cutting Weeds attached to and forming part of this By-law shall come into force and take effect on May, 31, 2011.

That By-law S273/28/09 Being a By-law to Establish a Schedule of Rates and Fees for cutting weeds for the Year 2010 be hereby repeale READ A FIRST, SECOND AND THIRD TIME AND FINALLY PASSED THIS 31st DAY OF MAY, 2011.

Schedule "A"

**Rates for Cutting Weeds** 2011 Rate \$322.00 1 to 7,500 sq.ft. 7.501 sq.ft. to 15.000 sq.ft \$354.00 15,001 sq.ft. to 30,000 sq.ft. \_\_\_\$386.00

30.001 sq.ft. to 1 acre \$442.00 1 acres to 1.5 acres \_\_\_ \$489.00 1.5 acres to 2 acres \$512.00 Each additional acre \$69.50 \*Rates are plus applicable taxes.

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# PORT COLBORNE Public Library

Port Colborne Public Library 310 King Street Port Colborne, ON L3K 4H1

Phone: 905-834-6512 Fax: 905-835-5775 email: library@portcolborne.ca

**Hours of Service** Monday, Tuesday, Thursday: 10 a.m. - 8 p.m. Wednesday, Friday, 9 a.m. - S p.m.

Holiday Hours: Saturday 9 a.m. - 1 p.m. (June to September)

Story Time with Derek Miller

Tuesdays and Thursdays, 10 - 11 a.m.: July 5 to August 25 Free. For children ages 6 and under. Children 3 and under must be accompanied by a caregiver.

Wii Gaming on the Big-Screen Games options include: Wil Sports, Mario Kart, Wil Party, The Price

For ages 4 to 12: July 8, 22, and August 5, 19, 2 - 4 p.m. For ages 12 and older: July 15, and August 12, 2 - 4 p.m. Free. Pre-register at the Library.

Beach Party Wii Guitar Hero on the Big-Screen Rock music, gaming and a little friendly competition.

Fridays, 2 - 4 p.m.: July 29 and August 26, Free. For ages 12 and older. Pre-register at the Library. Worm Farm Demonstration with

Niagara Regional Waste Management Fun and educational Free, Pre-register at the Library, For ages 8 to 13: Wednesday, July 20, 1 - 2 p.m.

For ages 3 to 8: Thursday, August 11, 10 - 11 a.m. Hey Kids, Why Wait Another S Months? It's Christmas in July! Create grafts to transform the poem "The Night Before Christmas"

into a play Monday, July 25, 10 a.m. - 12 noon For ages 4 to 12. Cost is \$2.00. Pre-register at the Library.

Craft: Make a Hobo Denim Beach Bag Monday, July 11, 10 a.m. - 12 noo For ages 7 and older. Cost is \$3.00. Pre-register at the Library.

Craft: Make a "3-D at Sea" Painted Seascape Thursday, July 28, 10 a.m. - 12 noon

For ages 6 and up. Cost is \$5.00. Pre-register at the Library. Craft: Make a Painted Beach Bucket Wednesday, August 10, 10 a.m. - 12 noon

For ages 6 and up. Cost is \$5.00, Pre-register at the Library Craft: Make Beach Bracelets with First Dog Off the Porch Monday, August 15, 10 - 11:30 a.m.

For ages 6 and older, Cost is \$5.00. Pre-register at the Library.

Yoga with Nadia

register at the Library

Library B-I-N-G-O is Back!

Fridays, July 8, 15, 22, and August 5, 12 For ages 4 to 7: 9:15 - 10 a.m. For ages 8 to 12: 10:15 - 11 a.m. Cost is \$4.00 per class. Bring a towel, blanket or yoga mat. Pre-

Family Yoga with Nadia Wednesday, July 20, 10 - 11 a.m. For parents and their children ages 3 and older.

Cost is \$3.00 per family member. Bring a towel, blanket or yoga mat. Pre-register at the Library. St. John Ambulance Rabysitting Course

Thursday, July 14, 2011, 9 a.m. - 4 p.m. For boys and girls, ages 11 to 14. Cost is \$55.00. Pre-register and pre-pay at the Library on or before July 5, 2011.

Wednesdays, 10 - 11:30 a.m.: July 13, 27, and August 17 Free, Prizes! All ages, Players must be able to read or have a

# Showboat Festival Theatre's 25th **Anniversary Season** for 2011

June 16 - July 2 Comedy of Crosswords and Romance By Jerry Mayer

> July 7 - 23 A Mystery By Peter Colley

July 28 - August 13 A 50's-60's Musical Conceived by Thom Currie

August 18 - September 3 **Mending Fences** By Norm Foster

Jazz on the Lawn featuring the Toronto All Star Big Band Saturday July 30/11, Gates open at noon Barbeque and refreshments available Bring your lawn chair

Showboat Festival Theatre 15th Annual Duck Race Monday August 1st, 2011 Race begins at 3:00 p.m. at the West St. Weir (Old Canal at Clarence St.) Port Colborne, Ontario \$5 for one duck (1)

\$20 for a family of ducks (5) \$100 for a flock of ducks (30) Need not be present to win Celebrate Showboat's 25th Anniversary with

> a Special Presentation Driftwood Theatre presents Shakespeare's Macbeth in the

Roselawn Gardens Tuesday July 19th at 7:30pm Light refreshments available

For ticket or show information: Showboat Box Office 905-834-0833

P.O. Box 454. Port Colborne. ON L3K 5X7 Fax: 905.834.2072 boxoffice@portcolborne.ca www.showboattheatre.ca • • • • • • • • • • • • • • • •

# Did you know...summer hours are back at the Library! What's

different? We are open Saturdays 9 a.m. to 1 p.m.

One-on-One Computer Lessons Saturday mornings at the Library

Lessons geared toward your interest. Topics available include: email, Facebook, Twitter, blogging, creating simple websites, and more! Cost is \$10.00 per person per lesson. Pre-registration required. Book your appointment today!

Art in the Library... Featuring Work by Local Artists and Artisans: On display in the Atrium until July 9, 2011:

"This That & the Other": prints by Doug Carter Download Free e-Books and Audiobooks!

All you need is a valid Port Colborne Public Library card and PIN. Call the Library for more information and to register in one of our upcoming free seminars on how to download free e-books and audiohooks

TD Summer Reading Program at the Library

This year's TD Summer Reading Club theme is "Splash! Celebrate Summer," Read books, earn prizes! For ages 3 to 13. Registration begins Monday, June 27th at 10 a.m. In addition to the Reading Club, the Library also has a great line-up of activities for children. Special thanks to our sponsors: TD Summer Reading Club, Harvey's, McDonald's, Tim Horton's, Avondale, and 7-Eleven

Splash! Celebrate Summer with Stacey - Four Fun Programs: "Underwater Adventurers: Stories, Games and Crafts" for ages 3 to 5

Mondays, 10 - 11 a.m.: July 4 & 18, and August 8 & 22 Cost is \$1.00 per session. Pre-register at the Library. "Reach Ruds: Stories Games and Crafts" for ages 6 to 10 Thursdays, 3-4 p.m.: July 7 & 21, and August 4 & 18 Cost is \$1.00 per session. Pre-register at the Library. "Splash! Crafts" for ages 7 and older. Tuesdays, 1 - 2 p.m.; July 5 & 19, and August 2 & 16 Cost is \$5.00 per session. Pre-register at the Library. "Splash! Crafts Jr." for ages 4 to 6 Tuesdays, 10 - 11 a.m.: July 12 & 26, and August 9

Cost is \$3.00 per session. Pre-register at the Library.

The Magic and Comedy of IncrediBrent Join us at the L.R. Wilson Heritage Research Archives building for an interactive magic and comedy show for all ages! Tuesday, July 12, 1 - 2 p.m.

Cost is \$4,00 per ticket. Tickets available at the Library or at the

Therapy Tails Niagara

Wednesdays, 1 - 2 p.m.: July 6 and August 3 Visit the library and meet Therapy Tails dogs and their owners! Learn all about these special quests as you make new friends and earn stickers to fill your special Therapy Tails passport. Free, For ages 3 and older. Pre-register at the Library.

Paws for Stories Wednesdays, 1 - 2 p.m.: July 13 & 27, and August 10 & 17 Reading to a St. John Ambulance therapy dog is a great way to encourage children to read. Sign up soon, pick out a 10-minute story and reserve a session with your new best friend. For readers up to age 13. Free.

# Visit your Local Merchants



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# **Port Colborne**

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**Bill Cohoe** 731 Sugarloaf St. Port Colborne



# Port celebrates its first Festival St. Jean

InPort News Staff

PORT COLBORNE - As Port Colborne's francophones celebrated their heritage last Friday, the city paid tribute to them and their community. "This is one of the most exciting, important days

we've had in the community " said Ward 2 Coun. Angie Desmarais at East Village Community Park Desmarais, fellow coun-

cillor Yvon Doucet, Mayor Vance Badawey, city staff, students from Ecole St. Joseph ethnic diversity is what Port

and members of Le Centre polyvalent des aînés françophones de Port Colborne, all took part in the renaming of Victoria Park on Welland St. to East Village Community She said it was good to see

the sign for the new park in both of Canada's official languages, especially with the francophone community holding its first ever Festival St. Jean at the same time. "Francophones helped build the community ...

Colborne is all about," said Mayor Vance Badawey just before he headed over to the French senior centre on Mitchell St. for the festival celebrations

Linda Johnston, office coordinator for Le Centre polyvalent des aînés francophones, said despite the day starting off a little wet, everything was going well for the city's first ever festival. celebrating St. Jean Baptiste

see ST. JEAN | page 25



Klinker the Clown blows up a balloon for children from Ecole St. Joseph during Festival St. Jean celebrations at Le Centre polyvalent des aînés francophones de Port Colborne on June 24 in

n service

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**INPORTANEWS** 

Port Colborne.

NOTICE SPECIAL MEETING OF COUNCIL MONDAY, JULY 4, 2011 - 6:30 P.M.

Mayor Vance M. Badawey has called for a special meeting of City Council to be held on Monday, July 4, at 6:30 p.m. at the Municipal Offices, Council Chambers, 66 Charlotte Street Port Colhorne

The purpose of the meeting is for Council to consider matters related to the City's Urban Area Boundary, as identified by the Region of Niagara, A closed session agenda will include consideration of a matter related to a strategic land acquisition, pursuant to the Municipal Act, 2001, Subsection 239(2)(c), a proposed or pending acquisition or disposition of land by the municipality or local board.

Members of the public are encouraged to attend the special meeting. Persons intending to address Council are asked to submit a signed copy, legibly written, typewritten or printed on paper, of the communication they intend to present to Council by 10:00 a.m. on Monday,

The agenda for the special meeting, including staff reports, will be available on the City's website the afternoon of Thursday, June 30, 2011. Printed copies of the agenda and reports may also be obtained from the Clerk's Office.

Mayor Vance M. Badawey mayor@portcolborne.ca 905-835-2900 ext. 302

Ashlev Grigg, City Clerk ashleygrigg@portcolborne.ca 905-835-2900 ext. 106

CITY OF PORT COLBORNE MUNICIPAL OFFICES 66 CHARLOTTE STREET, PORT COLBORNE, ONTARIO L3K 3C8

# 2,000-year-old holiday debuts in Port Colborne

Christianity, the festival t with a different focus and more spiritual meaning.

ebrated in a more organized fashion in the 1830s, St. Jean Baptiste is the patron saint of French Canadians and in Quebec the day is marked by parties and celebrations and

to get students from Ecole St. Joseph together with seniors from the centre and have them

interact. Ecole St. Joseph is an all-French school on Elizabeth St. with students from kindergarten to Grade 8. It is part of the Conseil scolaire de district catholique Centre-Sud school board system.

ing, food, music, games, inflatables and animals from Safari Niagara on hand for the festival. Alicia Donovan. Iocelyne Plamondon and Emily Richard led everyone in the singing of O Canada, in French, before singing another francophone tune. All of the students from the school gathered around the new park sign to help Badawey unveil it.



Students from Ecole St. Joseph helped Mayor Vance Badawey rename Victoria Park into East Village Community Park last week.

BELOW: Alysha Fontaine, left and Liette Croteau, right, look at Nemo. an 11-week old red fox, held by Safari Niagara's Denis Caron.

DAVE JOHNSON Staff Photos LEFT: Joelie Lecompte paints on Caleb Santeralla's face at the first ever Festival St. Jean put on by Le Centre polyvalent des aînés francophones de Port Colborne last



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**INPORT** NEWS



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"We were hoping to get hetween 200 and 250 people out for the festival throughout the day," said Johnston, There was face paint-

It came to Canada with French settlers and was cel-Johnston said the idea was



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Any generous donation given during the promotion period† to the Heart and Stroke Foundation will be matched dollar for dollar by the Great Canadian Roadshow up to a maximum of \$50,000 received in donations. The Great Canadian Roadshow reserves the right to further match any or all donations exceeding the aforementioned amount of \$50,000

†March 1, 2011 to February 28, 2012

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# BREAKING NEWS: Gold is at a record high! THE ROADSHOW IS COMING TO FORT ERIE NEXT WEEK!

By: Michael Ross Great Canadian Roadshow

fler two successful weeks in Grimshy So you better search through your attics and basements, go through your lock boxes and iewelry, because you may be sitting on a small fortune and not even know it! Roadshow experts are here to examine all your antiques, collectibles, gold, and silver,

"I'm so happy," Linda explains, "I never would have thought that my old tin of coins was worth so much! I can finally afford to renovate my kitchen."

During our show in Guelph, a woman came in with a jewelry box that she had just inherited from her late aunt, "I don't wear iewelry," explained Cheryl Barnes, "so it was an easy decision to come down to the Roadshow to sell it". She was very excited when she was able to walk away with a cheque for over \$2,100 for iewelry she was never going to wear anyways.

Expert Cliff Edwards explains, "We have noticed a substantial increase in the amount of precious metals such as gold and silver coming to the Roadshow, which makes sense considering how high it's currently trading at. He added, "The Roadshow is great because it puts money in people's pockets, especially during such hard times. Lots of items that are just sitting around collecting dust in basements and iewelry boxes can be exchanged for money, on the spot! ".

At another Roadshow event, a woman walked in with a tin full of hundreds of old coins that were given to her as a young child by her grandfather. She finally decided to come in to the Roadshow and see what he had given her. She was ecstatic to learn she had coins dating back to the late 1800's, some of which were extremely rare. Roadshow consultant Raymond Flack explains "We had uncovered an 1871 Oueen Victoria 50 Cent piece, valued at over \$2,000!! She also had a nice assortment of coins that were not rare dates, but she was able to sell them for their silver content". All in all. Roadshow customer Linda Donaldson was able to cash in with \$4,500! "I'm so happy, "Linda explains, "I never would have thought that my old tin of coins was worth so much! I can finally afford to renovate my kitchen." Raymond Flack continued, "Canadian coins

prior to 1967, and American coins prior to 1964 are all made with silver, and we have noticed a large increase of customers coming to the Roadshow with coins and cashing them in for their silver value." Experts at the Roadshow will evaluate and examine your items, FREE OF CHARGE, as well as educate you on them. The Roadshow sees hundreds of people during a one week event, and they have been travelling across Canada to different cities and towns, searching for your forgotten

Trains, dolls, toys, old advertising signs, pocket watches, porcelain and bisque dolls, pretty much everything can be sold at the Roadshow, Any early edition Barbie's are sought after by Roadshow collectors, as well as a variety of Dinky Toys and Matchbox Cars, Lionel Trains and a variety of tin toys can also fetch a price, especially if they are in their original box or in mint condition. If a collector is looking for one of your collectables, we can always make an offer to buy it.

"We have noticed a substantial increase in the amount of precious metals such as gold and silver coming to the Roadshow, which makes sense considering how high it's currently trading at,"

A man brought in a 1950's Marx Tin Toy Robot, in fairly good condition, still in its original box. We were able to locate a collector for that specific toy within minutes, and that gentleman went home with over \$700 for his Toy Robot and a few other small toys.

So whether you have an old toy car, a broken gold chain, or a Barbie sitting in the closet, bring it down to the Roadshow, we will take a look at it for FREE and it could put money in your pocket!

> See you at the Roadshow!

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†March 1, 2011 to February 28, 2012

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# Heritage and tourism highlights of breakfast

EDDIE CHAU InPort News Staff

28

WELLAND - Heritage and tourism are hot topics when it comes to mayors April Jeffs and Vance Badawey

The leaders of Wainfleet and Port Colborne focused on those respective issues when during the Mayors Quarterly Breakfast at the Best Western Rose City Suites in Welland last Thursday morning they updated the work done by

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their municipalities. When it comes to heritage Jeffs and Wainfleet township council have been working

with Niagara Region over the past few months to bring a federal heritage designation to the Feeder Canal. "This designation will allow

funding and be a great start for Wainfleet to get underway with plans to use parts of the canal for recreational purposes," Jeffs said. "I feel that the Feeder is an overlooked Jeffs hopes strategies

such as public input and the upcoming recreation master plan will help identify its uses. Noting the importance of the canal, Jeffs said three students from William E. Brown Public School recently won the Young People's Environmental Award from the region for their efforts in cleaning the canal's banks.

Jeffs participated in the cleanup. She said the many volunteers that turned out for the venture "shows just how much our community values this landmark."

The subject of tourism was a focus of Badawey's presentation to the chamber. Badawey said his city staff has been looking into creating a membership-based tourism association to serve Port Colborne and "Niagara's south coast

The mayor said surveys are being distributed to tourism stakeholders to gauge interest levels in developing this organization. On a multimedia side of things. Badawey said the city recently created promotional tourism video which is viewable at www.portcolborne.ca,the city's Facebook page and on YouTube.

The video marks the launch of the city's new brand identity and advertising campaign: 'Niagara's South Coast Unchartered, Unexpected," Badawey said, "It creates a unified tourist message and identity for the area as it appeals to a wide variety of visitors."

Badawey said the video highlights the key experiences that define Port Colborne's beauty and personality. He said it showcases the city's "many events, culinary experiences, arts and cultural attractions, nature and outdoor recreation experiences, and its people.

**EDDIE CHAU** to see more openness from InPort News Staff the provincial government of accepting outside sources to

help businesses. Sylvestre's partner, Lisa North, said there needs to be partnerships worked out Conservative candidate between businesses and the government in order to strengthen the economy.

"We all have to look at ways of working together." North said. Nick Dawson, small busi-

ness adviser for Scotiabank in Welland, said in the past he's worked with government assistance to provide financial support to help businesses grow. Citing an example of a firm from Port Colborne, Dawson said government funding helped the business grow exponentially through the purchase of

equipment. "Types of government assistance providing growth and expansion to businesses is huge," he said. "There has to be easier access to funding though."

Dawson has seen many companies stretch their finances thin because there isn't enough assistance available. The result is the closing of businesses and no new high paying jobs coming in,

Jordan Crumb, a repre- Twitter: @EdChauTribune

■ ECONOMIC ROUNDTABLE: Conservative candidate fields concerns



sentative from E.E. Covne

Insurance Brokers, said

many people who have lost

their jobs are turning to self-

employment and calling the

company for self-employ-

ment insurance. Crumb said

he's losing business accounts

Welland riding Conservative candidate Domenic Ursini listens attentively as representatives from local businesses discuss their challenges at an economic roundtable discussion at Welland city hall Thursday.

# Hoping for Ontario partnership

WELLAND - Small businesses are an integral part of Welland's fabric. It's something

Domenic Ursini believes in and he wants to do something about it. On Thursday. seven representatives from a variety of small business sectors participated in a roundtable discussion hosted by The purpose of the meet-

ing was for Ursini to hear the challenges small businesses face while giving insight on what the provincial Conservatives can do to help them if elected this fall. "I wanted this to be quaint.

formal engagement so people had their input and opinions," he said. Tony Sylvestre works at

Latis Research Consultants. Sylvestre said he would like



daily because there is no security in the employment Responding to the plight of small businesses, Ursini said often times there's a struggle to pay bills, which is why partnerships between businesses and government

are important. "You can't have the government dictate what should be done. You need collaboration," Ursini said.

"It's important to have businesses influence government decisions." Citing the Conservative

government's Changebook programs. Ursini said the party has a plan to provide relief from high taxation, rising energy costs while defeating regulatory burden. Ursini said he will be hold-

ing more economic roundtable discussions in the next few months to field the concerns from various business

echau@wellandtribune.ca



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# Prize catch

LINDSAY COSTELLO For InPort News

PORT COLBORNE -Anglers took the bait and made their way to the Lakeside City in hopes of snagging a prize on the weekend when the Port Colborne and District Conservation Club held its 20th annual 444 International Walleye Tournament

Ninety-five crews registered for this year's competition in which anglers worked to reel in the heaviest of the Lake Erie walleve and come away with the \$10,000 grand prize.

Originally scheduled to play out over the course of the weekend, the tournament faced harsh weather that did not allow teams to hit the water on Saturday. Conservation club president Paul Bird said while organizers did their best to stick to the schedule, waves were high and safety was a concern so the decision was made to modify the competition.

Cash prizes were awarded to the top 10 teams by weight of their total catch and to the six heaviest catches overall. Team totals were based on the four best catches of the day, though some groups managed to reel in more than necessary.

A top prize of \$10,000 was awarded to Chris Yalowica. Randy Gibb, John Yalowica and Ryan Martinsen. Their team total was 33.54 pounds. which works out to payout of \$298.15 per pound The biggest catch of

the day belonged to Tim Tunney's team, which boated a 11.51-pound walleye.

Mayor Vance Badawey

New this year was the Can-Am Trophy that sparked friendly competition between the Canadian anglers and their counterparts from south of the border. When adding the scores of the top five Canadian and American teams the Canadians came out on top with 164.1

The international contest brought anglers from across Ontario as well as from the United States, interest among the local fishing community also was high. "Fishing has always been a big part of Port Colborne.

Bird said. The Port Colborne and District Conservation Club contributes to the homegrown fishing scene by pro-

also handed out the Mayor's Award of \$500 to the heaviest catch caught using one of the numbered lures he selected before the competition.

> LINDSAY COSTELLO InPort News Photos Chris Yalowica, Randy Gibb, Ryan Martinsen and John Yalowica display some of the Lake Erie walleye caught at the International 4-4-4 Walleye Tournament that concluded at H.H. Knoll Park on Sunday. As the winners, they took home the \$10,000 top prize. moting sport fishing within

the community and also raises and releases walleve to ensure the species can sustain itself Bird said that the number

of tournament participants had wavered in previous vears but with new anglers and the return of on-site camping, numbers have increased. With support from sponsors and the city, Bird is sure the club will continue to hold the tournament in years to come.





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# **Cpl. Crooks returns to Port Colborne**

#### InPort News Staff

PORT COLBORNE — Margaret Wagner just wants to see her grandson, but she can't.

Wagner's grandson, Cpl. Tyler Crooks, died on his birthday, March 20, 2009, after a blast went off during a morning foot patrol in Kandahar province in Afghanistan.

Wagner and her family take it day by day, but can never forget the pain that tragic day inflicted. David Sopha doesn't want any

other Canadian to forget, either.
Last Wednesday Sopha's travelling mural, Portraits of Honour, stopped at H.H. Knoll Lakeview Park in Port Colborne. It commemorates all of the Canadian lives lost

in Afghanistan. The mural is three metres tall and 12 metres long with 156 faces of fallen soldiers, including that of Cpl. Crooks. "It's time that Canadians started showing respect for our Canadian

showing respect for our Canadian military," Sopha said. Sopha's nephew fought in

Afghanistan and he worried about him frequently. When he had learned 100 soldiers had died there he decided to paint the mural to help people remember and celebrate the country's great loss.

"It became an obsession," he said.

"When I saw those stamp-size photographs in the paper I felt like a lot of people here, in tears."

of people here, in tears."

Kin Canada has sponsored
Sopha's project and Kinsmen volunteers help him travel to destina-

tions all over Canada to show as many people as possible the faces of those who fought to help others and to raise money for Kin Canada to support the soldiers that do make it home. Sopha said some soldiers come home with emotional and physical injuries they need to deal

with.

Mayor Vance Badawey of Port
Colborne thought Sopha did an
excellent job of artistically recreat-

ing the eyes of fallen soldiers.
"He has really given people the opportunity to know something most people don't and surely when (they) walk away (they) take a piece of (the soldiers) with them and that's what it's all about," he said.

Sopha started painting two days a week in his home and three days in his studio, but couldn't stop thinking about the mural. He began painting seven days a week, 14 hours a day and didn't stop for more than two years.

But he's not finished.

"I won't be finished until every one of our troops are home from Afghanistan and, God willing, I

Afghanistan and, God willing, I won't have to paint anymore," he said. Badawey was thankful for the

opportunity for the community to come together and show solidarity. "We are shoulder to shoulder here in Part Calborne" he said "We

here in Port Colborne," he said. "We are one family here. We remember every year on Remembrance Day, but it's not only up to the families to grieve. It's up to us to remember every day."

Many Port Colborne schools
brought students to see the exhibit.
St. Patrick Catholic School stu-

dent Dorian Layne, 14, thought the mural was interesting because he had never seen all of the fallen soldiers. It made him sad to think of

how they died and why.
"It's important to remember because those people are fighting



CHAMBER OF COMMERCE: Meridian business of quarter



Rob Hesp of RBC Dominion Securities, left, and Port Colborne-Wainfleet Chamber of Commerce president Mike Sloat present Meridian Credit Union Port Colborne branch manager Midge Butson with a plaque recognizing Meridian as the chamber's business of the quarter.

# Crites shows no signs of slowing down

ALLAN BENNER InPort News Staff

PORT COLBORNE -Chelsea Crites isn't going to let the momentum falter After taking first place over 52 other entries in the Niagara Idol competition held a month ago to raise money for Project Share in Niagara Falls, the 17-year-old

singer from Port Colborne hasn't stopped. She's been performing almost nightly, playing gigs throughout Niagara and southern Ontario, and she has no plans of slowing down

any time soon Crites and her mother. Charlene, met with a Tribune reporter at a busy coffee shop recently to discuss her busy summer schedule, and hopes On June 25, she will be

playing at the Reeb House in Port Colborne and on July 1, she will be playing on the main stage during Canada



Port Colborne teen Chelsea Crites has a busy schedule in the months ahead, including the release of a new CD.

Day celebrations in Niagara Falls after riding along in that city's parade — a few of many shows she has planned for the months ahead.

Serving Our Community For Over 60 Years, 1951 - 2011

With the help of her drummer and band manager Lisa McKean from First Heard Promotions, Crites is soon to release a CD being produced

by John Ellison, best known for his 1967 hit Some Kind of Wonderful Crites, who will start Grade

12 in September at Lakeshore Food For Niagara's only "Certified Memorialist" recognized by the Monument Builders of North America. We have the Largest Selection of Granite Monuments in the Niagara Region on display now!





Crites is working with Hamilton area radio stations, trying to arrange airplay for the single.

Although she's written the basic chord structure, lyrics and melody for most of the tunes on the CD, Crites said a few songs were written as a full band collaboration, including If Your Heart's Not

The CD is also a bit of a change of direction for Crites. In the past she'd performed primarily rock songs, but she described the new CD as "country rock"

"It's sort of like Carrie Underwood, Taylor Swift type of country," she explained. Crites said she finds inspiration for songwriting from personal experiences.

One song, Do You Think Of Me?, was written after several friends and family members died, her mother added.

"She picks up the guitar and whatever she's feeling, she starts writing about it, Charlene said.

"Maybe she misses somebody, or maybe it's teenage She laughed as an awk-

ward expression crossed her daughter's face at the men-

rience as a performer. She's been singing and performing since she was 13. Her talent has also earned her a collection of gold and silver medals

from past competitions. She has high hopes for the upcoming CD.

"She's on a roll now," her mom said.

"People are really starting to get to know her. It's encouraging. It's moving fast."

With the exception of her mother, Crites said she's never worked with anyone as supportive as her band

members "My whole band just sup ports me in everything I do," she said

In addition to McKean, Crites' band includes George Belmore on guitar and Kelly Prevnet on base

Despite her success, Crites has kept quiet about her musical aspirations while attending classes. She's focused instead on her education, getting marks in the 70s and 80s in most classes.

"No one at my school actually knows I sing," she said with a laugh.

She recalled singing at a recent school concert

Friends advised her that she should really think about becoming a vocalist "I said, 'Yeah, maybe,' " she

recalled, laughing again. More information about Crites will soon be available on her website, www.chelseacrites.com, which is currently being updated.



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■ DISTRICT SCHOOL BOARD OF NIAGARA: Support workers graduate program



LINDSAY COSTELLO InPort News Photo On Monday evening, 31 students graduated from the DSBN's Personal Support Worker program, Taking place at Port Colborne High School, the year-long program was run by teacher Joann DeNapoli and saw 85% of graduates securing employment by the program's end

■ SWIMMING: Seals make big splash in Montreal



Recently six members of the Port Colborne Seals Special Olympics Swim Team with coaches Sheila Bolger and Pat Ballin journeyed to Montreal to compete in the 28th annual Defi Sportif. It is a prestigious international event bringing together athletes with physical and intellectual challenges from 20 countries around the world. Over 3,500 athletes competed in 13 sporting events over the last week in April. The Port Colborne Seals racked up impressive results in the pool, with each swimmer bringing home at least one medal. Members of the team include, front row from left: Jody Olm, Eric Robbins, Jim Champis; middle row, from left: P.J. Bolger, Danielle Waters: and back row, from left: John Urbshas with accompanying supporters Verna Urbshas, Ada Robbins. John Robbins, Maggie Waters and Anne Champis.

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# increasing bone density

While calcium and vitamin D have had success in slowing bone loss, how can we go beyond and actually increase bone mass? A recent breakthrough study suggests that a unique plant-source calcium taken in combination with vitamin D can do the job

The study, published in the International Journal of Medical Sciences in March 2011, analyzed the bone building properties of a sea-based algae known as Algas Calcareas. In addition to its naturally rich levels of calcium, Algas Calcareas (branded as AlgaeCal®) contains important minerals such as magnesium, potassium, phosphorus and the trace minerals boron, strontium, vanadium, copper, silica, selenium and zinc. Over the yearlong study, when osteoporotic women consumed a daily 750 mg of AlgaeCal® calcium and its related trace minerals together with 1000 IU of vitamin D3, they

BMD (bone mineral density) as measured by DXA (Dual-emission X-ray absorptiometry) bone scans. This is most impressive when compared to the typical 0.75% loss for untreated patients and the metaanalysis observed 0.10% loss in patients using other forms of calcium with vitamin D over a similar time-period,2 The study seems to confirm what previous research has suggested - that minerals such as calcium work best for bone-building in tandem with other minerals. Just as our bones are made of a complex of minerals including calcium. It makes sense that calcium alone is not enough to rebuild our honce

showed a promising 1.3% increase in

The study's researchers concluded, "This study...was associated with increases in BMD [bone mineral density] as opposed to merely slowing down the decline in BMD, which had been the general conclusions from a wide range of studies on the efficacy of vitamin D and calcium supplementation. These increases occurred without adverse side effects. While the study also provides evidence of the benefit of adding the physical activity and health literacy components, the data also support the efficacy of plant-source calcium as a stand-alone product."3

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